

# Carrot velouté flavored with turmeric, roasted hazelnuts and fresh mint

**Recipe for 2 portions**

## **Description**

A comforting soup on these cold days.

## **Note**

Cumin, curry, and saffron can also be used in this recipe.

## **Ingredients**

### Carrot soup

- 3 Large Carrot
- 1 Pinch(es) Coarse salt
- 40 Gr Unsalted butter
- 2 Gr Curcuma
- 250 Ml 35% cooking cream

### Garnish

- 0.25 Cup(s) Hazelnuts
- 12 Slice(s) Baguette
- 100 Gr Ricotta
- 75 Ml 35% cooking cream
- 4 Dash Olive oil
- 12 Leaf(ves) Mint

## **Preparation**

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

### Things to do before the workshop

## **Ingredients**

The carrots must already be peeled.

You have to put the hazelnuts in a hot oven for 4 to 6 minutes, when they leave, they have to be crushed with the bottom of a saucepan.

In turn, pass the slices of bread in the oven, with the olive oil, salt and pepper (pay attention to the color)

Make sure all weighings are done.

## **Materials**

1 Cutting board, 1 small knife (office), 1 large knife (chef), 1 peeler (peel).

1 electric hand blender

1 baking sheet (for the hazelnuts).

1 Saucepan (cooking the soup)

Tablespoons

### Preparation with the chef

Cut the carrots into thick slices.

Mix the Ricotta with the cream to make it smooth and season with salt and pepper. Pour it into a bowl, set aside in the fridge.

### Soup

Put the carrots slices in a saucepan of boiling water, season them with coarse salt. after 3 minutes lower the heat, cook for about 25 minutes, until they are well cooked.

Drain the carrots (keep a little cooking water) and pour them into the blender. Add the butter, mix and add the cream with the turmeric. Mix gradually, season. If it's too thick, add a little milk or cooking water. The consistency should be velvety (coating).

### Plating

Pour the hot soup into the serving bowls.

In the middle, add crushed hazelnuts, the golden baguette crostini and a spoon of Ricotta cheese on top.

Finish with a few fresh mint leaves, and a drizzle of olive oil.

**Bon appétit!**